

# A JUICE A DAY...

**Dr Christian Jessen  
gives seal of approval to  
AOk antioxidant juice**



AOk ([www.aokdrinks.com](http://www.aokdrinks.com)) is a delicious red grape, cherry, aloe vera and ginger drink created by naturopathic nutritionist Stuart Roberts. Each 250ml bottle contains your daily recommended amount of antioxidants (3,600 ORAC units) and just 145 calories. AOk is available to buy at selected Waitrose stores nationwide and [Ocado.com](http://Ocado.com).

Channel 4's respected celebrity doctor, Christian Jessen, says: "Unlike many other juices, AOk supplies the body with multiple antioxidants, substances that may protect your cells against the damaging effects of free radicals. These are molecules that can damage cells and may play a role in heart disease, cancer, ageing and other diseases."

Available for £1.69 at selected Waitrose stores, online at [Ocado.com](http://Ocado.com) and [www.aokdrinks.com](http://www.aokdrinks.com)

## SUPER-HYDRATION FROM NATURE

While other drinks claim to be the before, during and after sports hydrator, we don't. Yes coconut water has more electrolytes and is as natural as natural can get, but you don't have to be a marathon runner, footballer or Tour de France winner to enjoy it.



- Five Essential Electrolytes: potassium, calcium, sodium, phosphorus, magnesium
- Natural source of vitamins, amino acids, antioxidants
- Only 20 calories per 100ml
- 100% from nature and tastes delicious!



COCOWELL is 100% pure coconut water. Buy online at [www.coconutty.co.uk](http://www.coconutty.co.uk) or ask for COCOWELL at your local health food shop. email [info@coconutty.co.uk](mailto:info@coconutty.co.uk)